

The Positive Contribution of Physical Activity and Sport to Scotland

Summary and Recommendations

This paper sets out a report outlining the Positive Contribution of Physical Activity and Sport to Scotland, framed around COSLA's priorities, the National Performance Framework, Public Health Scotland's priorities and the Active Scotland Outcomes Framework. The document was developed and written by Public Health Scotland, **sportscotland** and COSLA.

'The Positive Contribution of Physical Activity and Sport to Scotland' is attached as **Appendix A**.

This paper invites Board Members to:

- i. Agree the importance and benefits of physical activity and sport to children and young people;
- ii. Endorse and promote *'The Positive Contribution of Physical Activity and Sport to Scotland'* document

References

Previous reports on Physical Activity / Sport

- No previous reports.

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May 2021

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Background and Purpose

1. In April 2020 COSLA established a Covid-19 Sport & Leisure Recovery Group comprised of members from Public Health Scotland, COSLA, SOLACE, VOCAL, Active Scotland, Community Leisure UK (Scotland) and **sportscotland**. This group focused on working collaboratively to understand the issues and challenges facing the public leisure and sport sector during the pandemic and the recovery.
2. This group identified the need for a dedicated work that demonstrated and promoted the importance of physical activity and sport and that this linked to existing policies and priorities. With this in mind the document attached at **Appendix A** is framed around the National Performance Framework, Public Health priorities, Active Scotland Outcomes Framework and COSLA's priorities.
3. The provision of physical activity and sport opportunities for children and young people is supported by education, community sports clubs and volunteers and by the infrastructure provided through **sportscotland**.
4. **sportscotland** works in partnership with all 32 Local Authorities to invest in and support the Active Schools and Community Sport Hubs Networks. The networks consist of over 400 Active Schools Managers and Coordinators and over 60 Community Sport Hub officers who are responsible for developing and supporting the delivery of quality sport and physical activity opportunities in local schools, clubs and communities for children and young people. The network has a reach across all primary and secondary schools in Scotland and across many local communities.
5. They have made a significant contribution to the lives of children and young people throughout the pandemic, in education hubs and local communities. This has strengthened and developed local partnerships and relationships. They have used sport and physical activity intentionally to support the physical, mental, and emotional wellbeing of children, young people and their families.

Current COSLA Position

6. During the Covid-19 pandemic the importance of physical activity for physical and mental health has been well evidenced and documented. The Community Wellbeing Board has the remit for Sport, Arts and Culture and have had several presentations and papers in recent months highlighting the importance of physical activity and the public leisure and sport sector for our communities.
7. In January 2021 COSLA Community Wellbeing Spokesperson Cllr Kelly Parry and James Fowlie, Director of Place joined Active Scotland's Delivery Group chaired by the

Minister for Public Health and Sport. COSLA is also represented on the Active Scotland Development Group which supports and feeds into the Delivery Group.

What is changing?

8. The challenges faced by the public leisure, physical activity and sport sector resulting from the Covid-19 pandemic are widely known and understood. Covid-19 has also had impacts on children and young people's access to and participation in physical activity and sport, both structured through school and community sport and unstructured owing to on-going restrictions.
9. The document produced by Public Health Scotland, **sportscotland** and COSLA aims to demonstrate the importance of physical activity and sport across policy areas and sectors. It also aims to open up and promote discussions to work collaboratively towards cross-organisational solutions for the sustainability and growth of the sector and access to opportunities for children and young people through school and community activity.

Proposed COSLA Position

10. COSLA recognises the importance of physical activity and sport to the nation's physical, social and mental health and shall continue to support Boards and partners in this sector.
11. Officers will continue to support Active Scotland's Delivery and Development Groups and work in partnership across the sector where time and resource allows.

Next Steps

12. '*The Positive Contribution of Physical Activity and Sport to Scotland*' document will be shared widely with Elected Members, local authorities and partner organisations to ensure a wide reach and high levels of engagement in the policy context around physical activity and sport. It is hosted on COSLA's website and will continue to be shared across social media COSLA, PHS and **sportscotland**
13. Following discussions with COSLA officers similar papers and presentations will be offered to all COSLA Boards and partner organisations.

May 2021